



# Identifying and Coping with Racial Trauma:

## *Creating your Racism Recovery Plan*

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The presentation will focus on identifying, coping with, and managing racial trauma. We will begin with a brief description of what we mean by the term “racial trauma,” some of the impact of racial trauma on BIPOC, and then discuss practical steps to create an individualized racism recovery plan for yourself and/or in community with others.

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FRIDAY, JANUARY 22ND, 2021

12:00 PM - 12:45 PM CT

WEDNESDAY, FEBRUARY 17TH, 2021

2:00 PM - 2:45 PM CT

TO JOIN PLEASE VISIT:

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